

Welcome to the  
 Nutritional Medicine Flight Dining Facility Menu  
 Week 1 July 23<sup>rd</sup>- 27<sup>th</sup>  
 Week 2 July 30<sup>th</sup> - Aug. 3<sup>rd</sup>

## Breakfast

(0630-0730hrs)

(CONTINENTAL)
Asst. Cereals, Muffins, Danish, Toast Breakfast Sandwich, Hard Boiled Eggs

## Lunch Week 1

Day	Soup	Main Entrée	Starch	Vegetable	Salad	Grill/Short Order Grab & Go
Monday	Chicken Noodle	BBQ Chicken Stuffed cabbage veal steak Garden burger	Red skinned potatoes Mac & cheese	Peas Italian Blend	Garden salad Chef salad	
Tuesday	Vegetable	Cod w/ lemon Chimichangas	Wild Rice Spanish Rice Refried beans	Carrots Corn	Garden salad Chef salad	Taco Tuesday
Wednesday	Egg drop	Beef Yakisoba Chicken Marsala	Rice Pilaf Egg noodles	Broccoli Italian Blend	Garden salad Chef salad	
Thursday	Beef vegetable	Country Fried Steak Baked Pork Chop Cheese tortellini	Baked Potato	Cauliflower Succotash	Garden salad Chef salad	Sub Bar
Friday	Clam Chowder	Pork Adobo Baked Cod	Rice Mac & Cheese	Broccoli Corn	Garden salad Chef salad	

## Lunch Week 2

Day	Soup	Main Entrée	Starch	Vegetable	Salad	Grill/Short Order Grab & Go
Monday	Cream of Broccoli	Baked Meatloaf Roast Pork	Mashed potato Mac & Cheese	Green Peas Carrots	Garden salad Chef salad	
Tuesday	Tomato	Baked ham slices Grilled Chicken Breast Baked Chicken	Red skin Potatoes Steamed Rice	Zucchini Brussels Sprouts	Garden salad Chef salad	
Wednesday	Egg Drop	Orange chicken Peppered steak	Steamed Rice Fried Rice	Asian Blend Succotash	Garden salad Chef salad	Hamburger/ cheeseburger Hot Chili Dog
Thursday	Minestrone	Roast turkey Salisbury Steak	Stuffing Mashed Potatoes Egg Noodles	Green beans Corn	Garden salad Chef salad	
Friday	Clam Chowder	Salmon w/ dill sauce Spaghetti w/ meat sauce	Rice Pilaf Steamed Rice	Italian Blend Peas and Carrots	Garden salad Chef salad	Junes Wings

## Dinner

(1630-1730)

Grab n' Go
Soup, Salad, Sandwich

Phone: (702) 653-2900  
 Fax: (702) 653-2905